



Office of Aerospace Medicine Internal Substance Abuse Newsletter

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Expanded Drug Testing Considered For Federal Employees

Federal workers could face a broader range in the type of specimens they provide for drug testing under a policy being considered by the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services.

The new policy would allow federal agencies to screen samples of workers' hair, saliva and sweat for signs of drug use, according to a recent Associated Press report. A SAMHSA spokeswoman confirmed that agency officials are discussing a new drug testing policy. Further details will likely appear in the *Federal Register* within the next few months.

The policy under consideration would allow agencies to better tailor testing to their particular needs. It would not do away with urine testing, but would

simply provide alternatives.

Federal law allows agencies to screen workers for drug use, but a relatively small percentage of government employees actually undergo testing. SAMHSA performs roughly 200,000 drug tests annually. Federal employees in safety-related positions or in jobs requiring clearances are most likely to face testing.

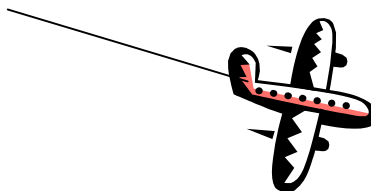
Some agencies might want to screen workers for habitual drug use, while others might be interested in whether drugs are impairing an employee's work on a given day. Urine tests are effective in detecting very recent drug use, while other types of tests pick up drug residue dating back weeks or months.


Hair, sweat and saliva screenings can detect drug use as far back as 180 days, depending on the circumstances. But these tests are not necessarily adept at picking up drug use within the past day. These tests are also unsupported by the scientific literature, therefore making their accuracy somewhat debatable.

While urine tests are not infallible, they are preferable to the new testing methods SAMHSA is considering.

SAMHSA is not set on any policy at this time, and agency officials could end up sticking to current drug testing rules.

Grudner, A., Government Executive Magazine, January 16, 2004, issue



Test Your Knowledge- Drug Awareness			Drug Awareness
1. T	F	Hallucinogens are sometimes used to treat people with cancer.	<p>Narcotics Common/RX Names- Heroin, Morphine, Codeine, Demerol, and Dilaudid Street Names- Snow, joy powder, morpho, and schoolboy Routes of Administration- Ingested and injected Medical Uses- Heroin has no medical uses; others are used for relief of pain Symptoms of Use- Euphoria, lethargy, drowsiness, and needle marks Symptoms of Overdose- Shallow breathing, vomiting, convulsions, and coma Symptoms of Withdrawal- Diarrhea, tremors, chills, shakes, and sweating</p> <p>Depressants Common/Rx Names- Nembutal, Valium, Noctec, and Equanil Street Names- Downers, yellow jackets, and mickey finns Routes of Administration- Ingested and injected Medical Uses- For tranquilization, sedation, and sleep Symptoms of Use- Similar to alcohol, relaxation, slurred speech, and sleepiness Symptoms of Overdose- Shallow respiration, dilated pupils, coma, and death Symptoms of Withdrawal- Anxiety, sweating, fever, agitation, and shakes,</p> <p>Stimulants Common/Rx Names- Dexedrine, Ritalin, Ionamin, and Cylert Street Name- Uppers, bennies, rockets, speed, and black beauties Route of Administration- Injected, ingested, and smoked Medical Uses- Limited uses for treatment of narcolepsy, hyperkinesis, and obesity Symptoms of Use- Agitation, excessive activity, euphoria, and insomnia Symptoms of Overdose- Cardiac irregularities, headache, coma, and death Symptoms of Withdrawal- Excessive hunger, muscle aches, and tremors</p> <p>Cocaine Common/Rx Names- Cocaine, Hydrochloride, and Freebase Cocaine Street Names- Coke, snow, blow, nose candy, rock, crack, and base Routes of Administration – Injected, inhaled, and smoked Medical Uses- Topical anesthetic on mucous membranes Symptoms of Use- Euphoria, excitability, dilated pupils, and paranoia Symptoms of Overdose- Hallucinations, convulsions, coma, and cardiac arrest Symptoms of Withdraw – Apathy, irritability, social withdrawal, and fatigue</p> <p>Hallucinogens Common/Rx Names- LSD, PCP, MDMA, STP, DMT, Mescaline, and Psilocybin Street Names- Acid, angel dust, ecstasy, serenity, and peace Medical Uses- None Symptoms of Use- Hallucinations, confusion, euphoria, anxiety, and panic Symptoms of Overdose – Agitation, hallucinations, violence, and convulsions Symptoms of Withdrawal – Possible flashbacks</p> <p>Inhalants Common/RX Names- Volatile Hydrocarbons, nitrous Oxide, and Halothane Street Name – Rush, huff, airplane, glue, laughing gas, snappers, and spray paint Routes of Administration – Inhaled Medical Uses- Nitrous oxide and halothane used for surgery; and amyl nitrate used for heart patients Symptoms of Use- Similar to alcohol, slurred speech, and lack of inhibitions Symptoms of Overdose- Liver, brain, nerve damage, heart failure, and coma Symptoms of Withdrawal- Agitation, anxiety, hallucinations, and shakes</p>
2. T	F	Heroin is used to treat glaucoma patients in the United States.	
3. T	F	Inhalants cause liver and brain damage.	
4. T	F	Depressants are also known as speed.	
5. T	F	Inhalants are a common name for stimulants.	
6. T	F	Narcotics can lead to shallow breathing, vomiting and a coma.	
7. T	F	Hallucinogens can cause possible flashbacks.	
8. T	F	Stimulants decrease hunger. It cause weight lost.	
9. T	F	Cocaine can be injected, inhaled, or smoked.	
10. T	F	Nitrate can cause you to hallucinate and shake.	
<p>Answers are provided on the following page.</p> 			

Alcohol and Aviation -- It Just Doesn't Fly!

Study Finds Drug Misuse Surprisingly High Among Adults

A University of Michigan (U-M) study finds that more people in their mid-30s misuse alcohol and illegal drugs than previously believed, Health Day News reported Jan. 13, 2004.

The study of 7,541 people in their 30's found that more than 32 percent of the men drank heavily, which was defined as consuming five drinks or more at one time. In addition, 13 percent of the men and 7 percent of the women used marijuana.

The study also showed that 8 percent of the women and 7 percent of the men misused prescription drugs. "We found that substance abuse was surprisingly prevalent at the start of midlife. And we also found that it is not restricted to stereotypical drug users with low socioeconomic status," said study author Alicia Merline of the U-M Institute for Social Research.

For instance, the study found that professionals are just as likely to use marijuana as people in other job classifications.

The research also revealed that participants who used illegal drugs or drank heavily in high school were more likely to misuse those same substances later in midlife.

The study is published in the January 2004 issue of the American Journal of Public Health.



Answers: 1)F 2)F 3)T 4)F 5)F 6)T 7)T 8)F 9)T 10)T

2003 Fiscal Year FAA Statistics

Drugs

Type of Test	Total Tests Conducted	Number of Positives	Positive Percent
Random	8,369	23	0.3%
Reasonable Suspicion	3	1	33%
Post Accident	75	0	0%
Return To Duty/ Follow-up	1,139	4	0.4%
Preemployment	1,565	2	0.1%
Total	11,151	30	0.03%

Alcohol

Type of Test	Total Tests Conducted	Number of Positives	Positive Percent
Random	4,258	3	.07%
Reasonable Suspicion	7	0	0%
Post Accident	40	0	0%
Return To Duty/ Follow-up	1,626	1	.06%
Total	5,931	4	.07%

Alcohol and Aviation -- It Just Doesn't Fly!